

# DYNAMIC FLEXIBILITY

## *What is Dynamic Flexibility?*

Dynamic flexibility movements work on increasing your range of motion to enhance your balance, coordination, flexibility, mobility, and strength. The movements help to get the body ready for dynamic workouts. Do not confuse dynamic stretches with ballistic stretches. Ballistic stretches are 'jerky' movements that try to force beyond the body's range of motion. Dynamic stretches are controlled stretches that stay within a body's range of motion.

## *Goals for Dynamic Flexibility*

1. To increase your heart rate which warms up your body and muscles.
2. To actively stretch your muscles. You are able to open your joints, particularly your hips, knees, and ankles to get them ready for activity.

## *Safety*

1. All of the movements should be completed using slow, controlled, and continuous movements.
2. When completing lower leg movements, do not let your knee go over your toes.
3. When completing upper body movements, pull your belly button to your spine to engage your core. You want to maintain a strong core throughout the movements.

## *How long should I perform dynamic flexibility exercises?*

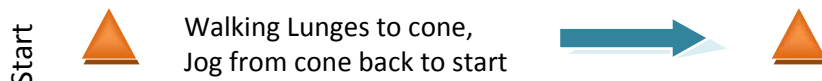
Dynamic flexibility movements should be performed continuously while trying to keep your heart rate within your target heart rate zone. It is important to concentrate on the movement to reduce the chance of injury and to get the maximum fitness benefits.

A routine can last from two minutes to 30 minutes depending on your focus. Dynamic flexibility movements should be performed **AFTER** a warm-up period. A total body warm-up should be 3-5 minutes. (For example, jogging, jumping rope, etc.)

REMEMBER: **WARM-UP to STRETCH DO NOT STRETCH to WARM-UP**

## *How do I create a dynamic flexibility routine?*

Make sure to familiarize yourself with the exercises before combining the exercises into your routine. It is important for you to perform the exercises correctly therefore complete the exercises one at a time and with slow and controlled movements. To begin, select six exercises. Arrange the exercises from 1 to 6 and create a space that is 15-20 yards in length.



If the movement is performed in a stationary position (ex. standing scorpion), perform the movement then speed walk or jog to the cone. If the movement is performed while moving (ex. walking lunges), perform the movement then jog the rest of the way to the cone. Repeat for the remaining exercises.

Here are two routines to try:

- Dynamic Flexibility beginning routine
- Dynamic Flexibility intermediate routine